

✱ **20 minutes:** blood pressure drops to normal, pulse rate returns to normal and your body temperature increases to normal

✱ **8 hours:** carbon monoxide level in blood drops to normal, energy level in blood increases to normal

✱ **24 hours:** chance of heart attack decreases

✱ **48 hours:** nerve endings start regrowing, ability to smell and taste is enhanced to normal levels

✱ **2 weeks:** circulation improves, lung function increases up to 30%

✱ **1-9 months:** cilia regrow in lungs which helps breathing and reduces infections, sinus congestion and coughing decreases, body's overall energy increases

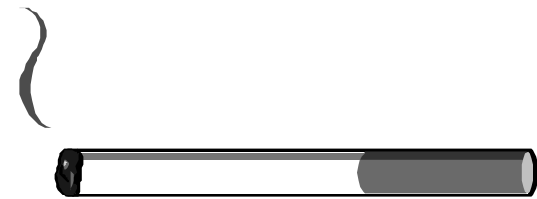
✱ **1 year:** risk of coronary heart disease is half that of a smoker

✱ **5 years:** lung cancer death rate decreases by half, stroke risk is reduced to that of a non-smoker, risk of mouth, throat and esophagus cancer is reduced by 50%

✱ **15 years:** risk of coronary heart disease is that of a non-smoker

*Source: MedicineNet.com*

# *What Happens To Your Body When You Quit Smoking?*



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Resource Center  
State of California  
Alcohol and Drug Programs  
1700 K Street  
First Floor  
Sacramento, CA 95814

(800) 879-2772 (California Only)  
(916) 327-3728  
FAX: (916) 323-1270  
TTY: (916) 445-1942  
Internet: [www.adp.ca.gov](http://www.adp.ca.gov)  
[ResourceCenter@adp.state.ca.us](mailto:ResourceCenter@adp.state.ca.us)